1:Du Bois E-5 * (1938-1939) 1944
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153 with which adults make no attempt to interfere. On the contrary, there is in the culture a highly significant game that actually encourages it. The game is a version of our "This little pig went to market" rhyme.

153 524 Taking the child's little finger, the mother says, "This is your young corn. By and by I shall harvest it, roast it, and we shall eat." Taking the fourth finger, she says, "This is your young beans. By and by I shall harvest them, boil them, and we shall eat." The game continues, with the mother naming a different food for each finger. Another version names a series of foods that the mother will bring back from a bartering trip to the market. No matter what version is used, at the climax of the game the mother thrusts the child's hand into its mouth and says, "Here, eat them. Eat the souls of these foods." The difference between our game and that of the Alorese is in the latter's striking denouement: The child is stimulated to anticipate food and is then offered an unsatisfactory substitute.

● 144 It may be pertinent to add here a comment about food, as opposed to attitudes toward feeding. The diet is high in indigestible carbohydrates, such as maize, rice, and beans, all low in proteins. The beans grown in Alor are not rich in the latter food element.* Meat is a treat rather than a staple; eggs and fish are rarely eaten. As a result of diet and feeding habits, a child probably experiences both "hollow hunger" (sense of emptiness) and "hidden hunger" (malnutrition). They are not rachitic, however, since vitamins from food and sunlight are plentiful.

TOILET TRAINING

153 Toilet training is taught gradually and easily. When the child can walk and "when it is old enough to understand," the mother makes a point of taking it with her morning and evening when she defecates either in the privy or outside at the edge of the village. Also, the child is watched and told to withdraw whenever it needs to eliminate. Mothers report that children learn within a few months to use the proper places and to clean themselves with leaves. Children are sometimes careless in cleaning themselves and as a result may suffer a certain amount of anal irritation.

One mother, whose time sense was a little more precise than that of most women, reported that she began training her son at nineteen months, shortly after he began walking. She claims that in five or six

* W. F. Deutch, D. R. Kaufman, and A. G. Van Veen, "Voedingsonderzoek," *Geneeskundig Tijdschrift voor Nederlandsch-Indië*, 71:431 (March 5, 1931). For a further discussion regarding the place of meat in the Alorese diet, see below, pages 57–58.